

Abstract

Autor: Jana Martiňáková

Title: Case study of physiotherapy treatment of a patient with systemic scleroderma

Objective: The main aim of this thesis is a summary of theoretical informations about the diagnosis of systemic scleroderma, case reports of physiotherapy treatment of a patient with this diagnosis and evaluation of the effect of therapy.

Methods: The work is divided into a general and a special part. The general part deals with the distribution of scleroderma, further analyzes the problem of systemic scleroderma with a focus on physiotherapy treatment and physical therapy. Special section includes a case study of physiotherapy treatment of a patient with this disease. The part of the special section are initial examination, setting goals and treatment plan, therapies, final examination and evaluation of the effect of therapy. This case study was created during continuous professional clinical practice held from 5. 1. till 30. 1. 2015 in Revmatologický ústav in Prague.

Results: After performed therapies were achieved positive results especially during walking, improved respiratory stereotype, increase joint mobility across upper limbs and improve grips.

Keywords: scleroderma, case study, physiotherapy, rheumatology